

Alila™ | JABAL AKHDAR  
أبيلا الجبل الأخضر

# ALILA JOURNEYS



## ALILA JABAL AKHDAR LEISURE CONCIERGE

We spend so much time traveling these days, be it for work or just the daily commute, that it has become a chore rather than an adventure. Our Leisure Concierge team are here to ensure that your visit to the Green Mountain becomes an adventure. Make the most of this opportunity to discover Jabal Akhdar and Oman through its traditions, its cuisine, its environment, the roots of its people and their daily rituals.

Being on holiday is much about celebrating your own choices in living and cultivating your personal priorities. Because perfection is defined individually, we've carefully combined our destination know-how with all the ingredients of your lifestyle to make your stay a 'Surprisingly Different' experience.

Allow our Leisure Concierge team to guide you on your discovery of the hidden treasures that abound within this fascinating destination. Our team are local experts who know this region well and are passionate about sharing their knowledge with you. Jabal Akhdar and Oman are blessed with amazing natural wonders and we ask that whilst you are visiting, you take only photographs and leave only footprints.

Browse the following pages detailing our Alila Journeys and choose those that appeal to your personality and lifestyle.

Adventure is out there. Enjoy and have fun!



**PUNEET SINGH,**  
General Manager  
Alila Jabal Akhdar

## AN EXPRESSION OF YOUR LIFESTYLE...

To assist you in finding that memorable experience you are looking for, our collection of Alila Journey is categorised by lifestyle preference:

For those who want to live life to the fullest, combine active holidays with destination discovery. Activities include recommended nature walks, hiking trails, mountain biking and off-road drives. Active Spirit experiences demand a certain level of fitness and physical ability. Therefore please take note of the difficulty level of each experience. These levels are assigned by the resort and do not reflect the official gradations used on official hike routes available.

### ACTIVITY LEVELS

<b>Level 1 Easy</b> Light physical activity involved.	<b>Level 2 Moderate</b> Trekking or cycling over mainly flat ground with a few small inclines.	<b>Level 3 Challenging</b> Some steep or exposed sections. Mid to good fitness required.	<b>Level 4 Strenuous</b> Continued physical exertion required over several hours. May require technical skills.	<b>Level 5 Extreme</b> Full-day adventures requiring technical skills and/or good to excellent physical condition.
--	---	---	--	---

 LEVEL  TIME  GUIDED  TOUR  DRIVE  CHILD FRIENDLY  CHARGES  Couples  Special occasions  Set Menu  Outdoor Picnic

While activity levels are indicated, please feel free to consult us if you would like further insight into a particular experience.

## A FEW HANDY TIPS FOR WHEN YOU ARE OUT OF THE RESORT

**Stay hydrated:** It is recommended that you carry at least 1.5 litres of water for each hour you expect to be out and some salty snacks, pretzels or peanuts to help replenish electrolytes. Don't wait until you are thirsty! By then it is too late. When you wake up in the morning, make a habit of drinking at least half a litre of water. Think of it as a "hydration" investment for the rest of the day!

**Sun protection:** Sunglasses and a hat keep you cool and protect you from the sun. Sun block is also recommended, the sun's rays are strong even in the cool of the mountain, remember to reapply regularly.

**Dressing appropriately:** This is perhaps the single most important thing to remember. Ladies should wear loose clothing, with arms and shoulders covered. Skirts, if worn, should reach to beneath the knee, wearing trousers is the better option. It's also useful to carry a shawl to cover your hair in more conservative areas (especially some of the local mountain villages). Dress codes for men include below-the-knee shorts, or trousers, avoid singlets and sleeveless tops when outside the resort.

**Mountain sickness:** Although it normally takes effect over 2,400 metres - Jabal Akhdar is close to that threshold. You may experience shortness of breath, fatigue, nausea and sometimes headaches. Rest and relax, drink plenty of water; have cup of tea or a piece of chocolate. If symptoms persist let us know.

Keep your mobile phone handy and if you have questions or run into any difficulties whilst out give us a call or WhatsApp us on +968 25344200

## INTRODUCTION TO VIA FERRATA

||| Level 3   1.5 hours  OMR 60 per guest

Don't miss the opportunity to try a slightly more challenging walk that incorporates a section of Via Ferrata (Italian for 'iron path'). Following a short safety briefing, get into your harness and head to the start point, a short walk just beyond the resort and over the stile. The Via Ferrata starts just below the ridge and takes you along the mountain face and down a fairly steep section of rock.

## INTRODUCTION TO VIA FERRATA WITH TREK

||| Level 5   4 hours  OMR 130 per guest

Once through the Via Ferrata, follow the path steadily down into the wadi, passing some of the most spectacular mountain scenery to the village of Al Khutaymi, hidden in a cave in the wadi floor. Continue another 15 minutes to discover the best swimming pool in the Green Mountain, where you can enjoy a refreshing dip before hiking back.

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk. Safety equipment must be worn where provided*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*We do not allow use of Via Ferrata by individuals or groups without our guides*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## CAVE ADVENTURE VIA FERRATA

||| Level 3   2 hour  OMR 57 per guest

This adventure is not for the faint hearted, but for those who step out onto the 20 metre high ropes and transverse the cave mouth, it is an experience you will never forget. The whole adventure happens right under the noses of resort guests, just a few metres below the ridge is natural cave which stretches into the mountainside, you will have a chance to peak in as you transverse the ropes across its mouth - this is a must do for any visitor to Oman and something you will never forget.

## CAVE ADVENTURE VIA FERRATA EXTREME

||| Level 3   2 hour  OMR 80 per guest

For people who want to add that extra adrenaline spike to their visit, we have that covered with the Via Ferrata extreme section. A short, 20m hard vertical section with slight overhangs to finish. No steps, no hand-holds; just the wire and vertical rock. This can be added to via ferrata cave affair or done as a standalone activity.

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk. Safety equipment must be worn where provided*

*Guests must strictly adhere to the instructions of guides and instructors*





*All activities are subject to change without notice, routes and services may vary*

*We do not allow use of Via Ferrata by individuals or groups without our guides.*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## PRIVATE STARGAZING

Level 1    1 hours  OMR 57 per two guests

Alila offers some of the clearest night-time views of the stars, moon and planets, making it a paradise for celestial enthusiasts and avid stargazers. Learn about the galaxies, nebula, clusters and supernova remnants and see the treasures of the night sky.

You will also be shown how to set up a telescope correctly before peaking through the lens and then photographing some of the magnificent sights. Share your moments with us on social media by using hash-tag #RockStarOman

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## PRIVATE GEOLOGY TALKS AND WALKS

Level 1    60 minutes  OMR 49 per two guests

Oman's ancient and unique landscapes offer a geological experience matched by few places on earth. A point of interest for professional geologists, the spectacular rock formations which fill every corner of the Jabal Akhdar Mountains reveal millions of years of complex geological processes, often with textbook clarity.

Guests of all ages and levels will be intrigued and fascinated as they are transported through time to lost worlds and ancient civilities, offering a rare insight into the past.

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*



## PRIVATE MOUNTAIN BIKING

||| Level 3   4 hours  OMR 195 per two guests

Enjoy a guided mountain biking tour on mixed surfaces of tarmac and gravel up on the plateau of Jabal Akhdar, around 2000 metres above sea level.

While biking, you can also visit the Juniper plateau and enjoy panoramic views of the wadi. If you are an experienced biker, you can hire a bike from us and explore the area on your own. Our Leisure Concierge team will provide you with a map and safety gear.

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## SPLENDOR OF SAIQ AND THE VILLAGE WALK

Level 2   3 hours  OMR 90 per two guests

Visit the most well-known agricultural area in Jabal Akhdar in and around the idyllic traditional village of Al Aqr and Al Ayn. Explore terraces shaped by the Bani Riyam tribe, who cultivated the area, and which are now home to rose bushes, pomegranate plantations, olive trees as well as an intricate water system called 'Falaj and its original spring source from the mountain. The picturesque abandoned village of Wadi Bani Habib, Gaze across spectacular scenery of terraces farms and valleys, and follow trails through the wadi and farmlands growing walnut trees.

During the season of March – April, witness the extraordinary sight of the prized Damask roses in full bloom and meet the families who continue to make rose water in their distilleries. A light picnic lunch is available for those keen to savour the moment. (The best time to enjoy this walk is during the morning hours)

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## LOST VILLAGE HIKE

Level 5    6 - 7 hours  OMR 130 per two guests

A short drive to the starting point, continued with a long walk down into the canyon. The path then leads steadily down into the wadi, passing some of the most spectacular mountainous scenery to the hidden village of Al Khutaymi, which is in a cave in the wadi floor. Continue another 15 minutes and you will discover the best swimming pool in the Green Mountain, where you can enjoy a refreshing dip before hiking back. Some mountain trekking experience is recommended.

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*



## THE DONKEY TRAIL

||| Level 4    5 - 6 hours  OMR 155 per two guests

Starting at Aqbat Al Biyut, about a 40-minute drive from the resort, this marvellous hike follows a well-marked donkey trail, covering 8.6km with stunning views across the valley. The trail descends down to one of Oman's most beautiful villages, Masirat Al Jawamid, in the bottom of the valley, and then onto some Jabal steps that lead down to wonderful gardens below.

The trail ends at the top of a waterfall, where you can look up and marvel at the spectacular view of garden terraces and Alila Jabal Akhdar 650m above. The perfect spot to capture the most amazing photos before making the return trek.

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## HIKE AROUND MISFAT AL ABRIYYIN

Level 5   6 - 8 hours  OMR 252 per two guests

Follow the ancient donkey trails!

This long trail starts at the ancient village of Misfat Al Abriyyin 950 m above sea level, following a path through mountain terraces filled with palm trees to Aqbat Al Hamra, whose old stone houses make for stunning photos. The trail continues upward to Hayl Al Jawari (1,500 m) from where you can follow a 3.5 km walk to Sharaf Al Alamayn (2,000 m), or ascend to the top at 2,197 m before returning to the start point, taking in spectacular views of Wadi Bani Awf and the surrounding mountains.

The drive to Misfat from Alila is around 2 hours.

W8 – 7 to 8 hours Hike ( 5 kilometers )

W9 – 7 to 8 hours Hike ( 9 kilometers )

W 10 – 2 to 2 1/2 hours Hike ( 4 kilometers )

#### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## JABAL STAIRWAY TRAIL

||| Level 4    5 - 7 hours  OMR 187 per two guests

This fantastic trek begins at the village of Al Hilaylat near the resort. Follow the trail down a steep slope, passing through rocky canyons to Masirat Al Jawamid, the most beautiful abandoned village in Oman, at the bottom of the wadi.

Continue along a level path to the top of some Jabal steps that lead down to wonderful gardens below, where the trail ends at the top of a waterfall. Look up for a spectacular view of the garden terraces and Alila Jabal Akhdar 650m vertically above you. An amazing moment to experience before making the trek back to Alila.

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## HIKE AROUND JABAL SHAMS – OMAN’S HIGHEST PEAK

||| Level 2    8 - 12 hours  OMR 268 per two guests

You can explore this region along various routes. Our recommendations are the 'Rim Walk' (route W6A) and the 'Abandoned Village Walk' (route W6). For the true adventurer and hiker, rise to the challenge of the well-known 'Summit Walk' (route W4). You will depart from the village of As Sab (1,800 m), walk up to 2,700 m and then ascend to the peak at 2,997 m, where the views are sensational!

Feel free to discuss the trek options with our Leisure Concierge:

W4 Trek - 5 hours driving / 12 hours hiking

W6 Trek – 5 hours driving / 4 hours hiking

W 6a Trek - 4 hours driving / 5 hours hiking

Booking in advance required | Operated by the third party

Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## FULL MOON HIKE

||| Level 2    2 - 3 hours  OMR 82 per guests

Trek under the light of a full moon, following trails through the majestic landscape of Jabal Akhdar, a short drive from the resort, a truly unique and spiritual experience.

This trek is available only during the full moon according to the Hijri (Arabic) Calendar.

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*



## DISCOVERY TRAIL

||| Level 3   3 hours  OMR 73 per two guests

From the nearby village of Hayl Al Hadab, the trail heads deeper into the mountains, taking you on a beautiful and fairly gentle 8km hike, passing by two abandoned villages, a small but very picturesque dam, and the spectacular formations of Ali's cave.

Wonderful hidden gems and photo opportunities.

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*



## A WORLD ABOVE THE MOUNTAINS

Level 2    Half day  OMR 252 per two guests

Explore the A'roos and Saiq Plateaus in the comfort of a resort vehicle, taking in the full beauty of the region from spectacular vantage points. Pass through villages and farms, witnessing life in local communities. Follow ancient paths through canyons, walnut groves and pomegranate fields. And stand in awe of the largest and oldest trees on the Arabian Peninsula – majestic 2000 to 3000-year-old juniper trees that stand in the dust bowl on the upper Saiq Plateau.

A sight not to be missed!

If you wish, continue on to Managkher and the picturesque village of Al Ayn, stopping for a picnic lunch overlooking the magnificent views.

**Terms and Policy Apply:**

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

Alila | JABAL AKHDAR  
البيلا الجبل الأخضر

# ALILA CULTURAL LEARNING



## FORTS AND SOUKS OF NIZWA

Level 1     Half day  OMR 260 per two guests

Take a spectacular drive through the mountains down to the town of Nizwa, the birthplace of Islam in Oman and the country's ancient capital. Once a centre of trade, religion, education and art, Nizwa is the site for many historic castles and forts, including the imposing 17th-century Nizwa Fort that is the largest fort in the Arabian Peninsula.

Lose yourself in Nizwa Souk, famous for its Bedouin silver jewellery alongside spices, pottery, leather goods and more. On your return to the resort, stop for a walk through the ancient alleyways of Birkat Almouz a medieval village built into the rock face.

### Terms and Policy Apply:

*Rates exclude the entrance ticket fee*

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## FRIDAY GOAT MARKET &amp; BIRKAT AL MOUZ

Level I     Half day  OMR 260 per two guests

Experience the liveliness of the Friday Goat Market in Nizwa, where local farmers gather early in the morning to auction livestock. Visit the 17th-century Nizwa Fort, the largest and one of the oldest forts in Oman, offering 360-degree views from its tower. And hunt for souvenirs in bustling Nizwa Souk.

After a delicious lunch, visit the village of Birkat Al Mouz en route back to the resort, a lush oasis where bananas and date palms grow in abundance.

Walk through the ruins of old houses that appear to emerge right out of the rocks, and observe one of the best examples of the ancient 'falaj' water system. Please note that this tour starts at 07:00 hours

**Terms and Policy Apply:**

*Rates exclude the entrance ticket fee*

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*



*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## CASTLES & FORTS – JABREEN & BAHLA

Level 1     Half day  OMR 293 per two guests

Experience the liveliness of the Friday Goat Market in Nizwa, where local farmers gather early in the morning to auction livestock. Visit the 17th-century Nizwa Fort, the largest and one of the oldest forts in Oman, offering 360-degree views from its tower. And hunt for souvenirs in bustling Nizwa Souk.

After a delicious lunch, visit the village of Birkat Al Mouz en route back to the resort, a lush oasis where bananas and date palms grow in abundance. Walk through the ruins of old houses that appear to emerge right out of the rocks, and observe one of the best examples of the ancient 'falaj' water system. Please note that this tour starts at 07:00 hours

### Terms and Policy Apply:

*Rates exclude the entrance ticket fee*

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## AL HOOTA CAVE

Level 1     Half day  OMR 293 per two guests

Estimated to be over 2 million years old, Al Hoota Cave is located at the foot of Jabal Shams, Oman's epic mountain. It is the first and only show cave in the Arabian Peninsula with a total length of around 4.5 kilometres, of which just 500 metres is accessible to the general public. Al Hoota Cave contains a rich ecosystem that includes four lakes.

Three are small and located in the north of the cave, the other is the accessible central lake. It is estimated that the lake holds about 30,000 m<sup>3</sup> of water, is 800 metres long and 10 in width, with a maximum depth of 15 metres. It is here that one can see the rare blind fish – Garra Barreimiae or more commonly known to us as Bu Naseh and his friends. We are exceptionally lucky to have many other animal species living in the cave including bats (*Rhinopoma Muscatellum*), arthropods, mollusks, spiders, snails and water beetles.

### Terms and Policy Apply:

*Rates exclude the entrance ticket fee*

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

Alila™ | JABAL AKHDAR  
البيلا الجبل الأخضر

ALILA WELLNESS





## PRIVATE YOGA

Level 1    60 minutes  OMR 81 per two guests

Rejuvenate mind, body and soul with yoga at sunrise or sunset amid fresh air and uplifting mountain views. Reconnect with nature and yourself. Rediscover the true meaning of inner peace and balance, inspired by the stillness and strength of the mountains that surround you.

Our yoga deck perched on the edge of the gorge catches the first rays of the morning sun and provides an idyllic background for your Hatha & Yin yogas with their classical poses and slow flowing movements. Classes are suitable for beginners, yet challenging for experienced yogis!

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*



## SPA ARBOUR ON THE EDGE

 Couples
  Special occasions
  1 hours
  OMR 185 per two guests

When overlooking Jabal Akhdar, you know that you are in the presence of something so vast and powerful it transcends your understanding of the world.

Spa Alila's has created three new treatments that draw on the power of the mountain. These exceptional treatments can be relished in the privacy and tranquillity of our Spa Arbour.

All products used throughout Spa Alila are 100% natural, and free from synthetic preservatives and additives.

### Terms and Policy Apply:

*All the treatments must be pre-booked in advance*

*Treatment times may be changed subject to the approval of our Spa Host*

*Our Spa Host will ask you regarding any health-related issues or known allergies*

*Simple patch tests will be performed before conducting any treatment*

*Please wear comfortable attire. Robes and disposable underwear will be provided*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

## DO IT YOURSELF SPA KITCHEN EXPERIENCE

 Couples  Special occasions  1 hours  OMR 74 per two guests

Spa Kitchen treatment you can discover at home!

There's nothing that quite compares to a spa experience at Alila Jabal Akhdar to help unwind and de-stress, but if you haven't got the time to indulge in a visit to the resort, there are a few simple tricks to recreate the experience from the comfort of your own home.

Introduction to secrets of how to make skin care products from natural ingredients of Jabal Akhdar with Ami, our Spa Alila Director.

All products used throughout Spa Alila are 100% natural, and free from synthetic preservatives and additives.

Terms and Policy Apply:

*All the treatments must be pre-booked in advance*

*Treatment times may be changed subject to the approval of our Spa Host*

*Our Spa Host will ask you regarding any health-related issues or known allergies*

*Simple patch tests will be performed before conducting any treatment*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

Alila | JABAL AKHDAR  
البيلا الجبل الأخضر

# ALILA ADVENTURES



## THE BUTTERFLY TRAIL

Level 1 ☺ ⌚ 60 minutes 💰 Free for guests

This is one for children of all ages (and parents). Just pick up the Butterfly trail markers outside the lobby and your journey begins. Without leaving the resort you can enjoy a 3.5 kilometres walk, there are many stops along the way to take that amazing selfie and send it back to school friends, learn a little about mountain life and its inhabitants, and try some fun activities along the way. You can drink water from a traditional Jahlah (water jug), spot fossils millions of years old or see how our kitchen garden grows.

## JABAL FITNESS TRAIL

Level 1 ☺ ⌚ 60 minutes 💰 Free for guests

The outdoor fitness trail for a family is 3 kilometres long and combines exercises with walking or jogging to provide you with a well-balanced physical fitness routine for the entire body. There are exercise stations with illustrations and instructions at each station.

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*



### تمارين الضغط PUSH UP

امسك القضيب في وضعية  
الضغط. ازل الجسم الى القضيب  
مع الظهر مستقيماً ثم ارجع  
لوضعية البداية

Grab bar in push up position.  
Lower body to bar keeping back straight.  
Return to starting position.

## PRIVATE ARCHERY

Level 1    60 minutes  OMR 49 per two guests

Discover the timeless art of Archery, the perfect adventure for all experience levels!

Our unique archery course is designed to introduce and perfect your skills - no matter what level you are, with our knowledgeable instructors providing helpful guidance every step of the way. From perfecting precision shots to aiming across incredible distances, this is an unforgettable experience that both beginner and seasoned athletes can enjoy.

Join us at the resort grounds to experience the fun and excitement of shooting arrows like a pro!

### Terms and Policy Apply:

*All the activities must be pre-booked in advance*

*All guests participate at their own risk*

*Guests must strictly adhere to the instructions of guides and instructors*

*All activities are subject to change without notice, routes and services may vary*

*Cancellation charges will apply if cancelled within 24 hours at 100% fee*

*All prices are in Omani Rial inclusive 8% Service charge, 9% Government Tax and 5% VAT*

Alila | JABAL AKHDAR  
الينلا الجبل الأخضر

# CULINARY EXPERIENCES



## DINNER UNDER THE STARS

 Group of 8
  Couples
  Special occasions
  Set Menu
  2 hours
  from OMR 41++ per guest

Celebrate an occasion or simply savour a special moment with an intimate dining experience beneath the stars. Enjoy a private dinner specially crafted for you and your guest at a private table in the arbour beside the shimmering waters of our infinity pool.

### Menu Inclusion:

Indulge in an elegant dining experience curated by the Alila Jabal Akhdar culinary team.

Please inform us if you prefer:

Modern Omani cuisine, four-course menu

Modern European cuisine, four-course menu

South East Asian Cuisine, four-course menu

Please inform us of your dietary requirements or allergies

### Beverage Inclusions:

Alila's signature water

### Terms and Policy Apply:

*Booking confirmation should be done within 36 hours*

*Booking is from 18:30 to 21:00 hours*

*All prices are in Omani Rial exclusive 8% Service charge, 9% Government Tax and 5% VAT*

*Cancellation less than 36 hours before the event starting time is subject to a 50% cancellation fee*

*Cancellation less than 8 hours before the event starting time is subject to a 100% cancellation fee*





## CLIFF EDGE DINING

 Group of 4  Couples  Special occasions  Set Menu  2 hours  from OMR 55++ per guest

Indulge in a romantic dining experience under the starlit sky from the very edge of the cliff. We'll serve a specially crafted tasting menu against the backdrop of the majestic Al Hajar Mountains.

### Menu Inclusion:

Indulge in an elegant dining experience curated by the Alila Jabal Akhdar culinary team.

Please inform us if you prefer:

Modern Omani cuisine, four-course menu

Modern European cuisine, four-course menu

South East Asian Cuisine, four-course menu

Please inform us of your dietary requirements or allergies

### Beverage Inclusions:

Alila's signature water

### Terms and Policy Apply:

*Booking confirmation should be done within 36 hours*

*Booking is from 18:30 to 21:00 hours*

*All prices are in Omani Rial exclusive 8% Service charge, 9% Government Tax and 5% VAT*

*Cancellation less than 36 hours before the event starting time is subject to a 50% cancellation fee*

*Cancellation less than 8 hours before the event starting time is subject to a 100% cancellation fee*

## AL HAJAR PAVILION DINNER

Group of 4 Couples Special occasions Set Menu 2 hours from OMR 95++ per guest

Discover the absolute most romantic dining hideaway designed for two, nestled above the Hajar mountains, where you dine on a four-course dinner, surrounded by the beauty of nature while watching the sunset.

### Menu Inclusion:

Indulge in an elegant dining experience curated by the Alila Jabal Akhdar culinary team. Please inform us if you prefer:

Modern Omani cuisine, four-course menu

Modern European cuisine, four-course menu

South East Asian Cuisine, four-course menu

Please inform us of your dietary requirements or allergies

### Beverage Inclusions:

Premium mineral water, and bottle of house wine

*(Please advise if you prefer sparkling, white, rose or red wine)*

### Terms and Policy Apply:

*Booking confirmation should be done within 48 hours*

*Booking is from 18:30 to 21:00 hours*

*All prices are in Omani Rial exclusive 8% Service charge, 9% Government Tax and 5% VAT*

*Cancellation less than 36 hours before the event starting time is subject to a 50% cancellation fee*

*Cancellation less than 8 hours before the event starting time is subject to a 100% cancellation fee*

## BUTTERFLY TRAIL HIDDEN PICNIC

 Couples  Special occasions  Outdoor Picnic  2 hours  from OMR 55++ per guest

Surprise your loved one by private picnic experience for two at the Butterfly Trail outlook post with panoramic views of Jabal Akhdar.

### Menu Inclusion:

Jabal Akhdar signature cold appetizers and sweets

Please inform us of your dietary requirements or allergies

### Beverage Inclusions:

Alila's signature water and fresh juices

Alcohol beverages are not permitted at the location

### Terms and Policy Apply:

*Booking confirmation should be done within 36 hours*

*Booking is for breakfast, lunch or sunset*

*Not available for dinner*

*All prices are in Omani Rial exclusive 8% Service charge, 9% Government Tax and 5% VAT*

*Cancellation less than 36 hours before the event starting time is subject to a 50% cancellation fee*

*Cancellation less than 8 hours before the event starting time is subject to a 100% cancellation fee*



## JABAL BAZAAR SUNSET PICNIC

Group of 6 Couples Special occasions Outdoor Picnic 2 hours from OMR 71++ per guest

Inspired by the Omani majlis outdoors scene, our Jabal Picnic Bazaar is set on a deck above the wilderness near the various mountain slopes where you sit and relish the spectacular views, and a cool breeze and enjoy a culinary experience.

### Menu Inclusion:

Emphasis on fresh, local produce and simple preparation spotlight the unique flavors of the region.

Jabal Akhdar signature cold appetizer and sweets

Please inform us of your dietary requirements or allergies

### Beverage Inclusions:

Premium mineral water, fresh juices, and bottle of house wine  
*(Please advise if you prefer sparkling, white, rose or red wine)*

### Terms and Policy Apply:

*Booking confirmation should be done within 36 hours before the picnic*

*Bookings are for sunset (based on the sunset calendar)*

*All prices are in Omani Rial exclusive 8% Service charge, 9% Government Tax and 5% VAT*

*Cancellation less than 36 hours before the event starting time is subject to a 50% cancellation fee*

*Cancellation less than 8 hours before the event starting time is subject to a 100% cancellation fee*



## CANYON EDGE PICNIC

 Couples  Special occasions  Outdoor Picnic  2 hours  from OMR 150++ per guest

Intimate experience on the edge of breathtaking Al Hajar canyon. An experience you will never forget and a wonderful way to celebrate a special moment. Serving breakfast, lunch or just a sunset outdoor picnic, 15 minutes within the resort cliff edge grounds.

### Menu Inclusion:

Jabal Akhdar signature cold appetizers and sweets

Please inform us of your dietary requirements or allergies

### Beverage Inclusions:

Premium mineral water and fresh juices

Alcohol beverages are not permitted at the location

### Terms and Policy Apply:

*Booking confirmation should be done within 48 hours*

*Booking is for breakfast, lunch or sunset*

*Children below 16 years are not permitted*

*Not available for dinner*

*All prices are in Omani Rial exclusive 8% Service charge, 9% Government Tax and 5% VAT*

*Cancellation less than 36 hours before the event starting time is subject to a 50% cancellation fee*

*Cancellation less than 8 hours before the event starting time is subject to a 100% cancellation fee*

## ADD-ON EXPERIENCES

A range of captivating and exclusive culinary add-on experiences:

**Indoor Pool Dinner** OMR 55++ per guest  
 Includes four-course menu and Alila's signature water. Time available: 19:30 to 21:30 hrs.  
 Maximum capacity: group of 12 guests

**4 AM Breakfast Under The Galaxies** OMR 45++ per guest  
 Early bird breakfast at Yoga Deck under the galaxies watching the sunrise.  
 Time available 4:00 to 6:00 hrs. Maximum capacity: group of 4 guests

**Full Moon Picnic** OMR 61++ per guest  
 Available based on the Moon Calendar. Location Jabal Deck.  
 Time available: 21:00 – 23:00 hrs. Maximum capacity: group of 6 guests

**Breakfast at the Cliff Edge** OMR 45++ per guest  
 Time available: 7:00 to 11:00 hrs. Maximum capacity: group of 4 guests




**Breakfast at the Jabal Deck** OMR 55++ per guest  
 Time available: 7:00 to 11:00 hrs. Maximum capacity: group of 6 guests

**Private Dinner at the comfort of your suite** OMR 55++ per guest  
 Time available: 18:30 to 21:00 hrs. Perfect for couples



Email: [jabalakhdar@alilahotels.com](mailto:jabalakhdar@alilahotels.com) or call: +968 25344200

[www.alilahotels.com/jabalakhdar](http://www.alilahotels.com/jabalakhdar)

   @alilajabalakhdar  
#Alilajababalakhdar

SCAN FOR MORE INFO

